

**User Name:  PSalvo**  
**Training Level:**Middle School  
  
**Session Goal:**Review stance & Motion, penetration step, double leg takedown (full to a pin if have the time)....  
  
**Approx. Warm-Up Time:**10 min  
  
**Warm-Up Design:**  
  
Segment 1: Warm up: (same as usual): Circle up: Jogging 30 sec, Circle in 15 sec, Circle out 15 sec Spread the Circle: Seal Jumps 15, Jumping Jacks 15, Push Ups 10 Jog into 2 Lines: Soldier kicks, Forward Lunges, side lunges (alternate). spidermans/groin stretch, forward rolls, backward rolls,  
  
Now: Stance & Motion.. Finish with stance and motion (square and shooting stance mixed): 30 second go! "say checks.... To keep them low Add level changes 30 second go! "Level change" Add sprawls (demo and try it first): 30 second go, " sprawl", "level change"....repeat. Adding shots today! 1 minute go mixing it all up  
  
**Technique/Drilling Design:**  
  
segment 2 Penetration Step: Explanation of Penetration step and why Chest to knee explanation Power from back leg Forward step penetration Bump w/ shoulder impact 5 - 1 minute goes, alternating turns.. DEMO it for them first.  
  
**Clips Used:**

* **[Penetration Step Level Change Explanation](https://www.kolat.com/penetration-step-series/penetration-step-explanation-of-level-change-why" \t "_blank)**
* **[Penetration Step Chest to Knee](https://www.kolat.com/penetration-step-series/penetration-step-chest-to-knee-explanation" \t "_blank)**
* **[Power from the back Leg](https://www.kolat.com/penetration-step-series/penetration-step-power-from-the-back-leg" \t "_blank)**
* **[Foward Step Penetration](https://www.kolat.com/penetration-step-series/penetration-step-forward-step-penetration" \t "_blank)**
* **[​Bump with the Shoulder](https://www.kolat.com/penetration-step-series/penetration-step-bump-with-shoulder-penetration" \t "_blank)**

**Live Wrestling Design:**  
  
2nd 1/2 of practice: double leg takedown (complete to a pin)

* ​[Explanation of double leg positioning](https://www.kolat.com/double-leg/-explanation-of-double-leg-positioning" \t "_blank)
* [Head Opposite Hips](https://www.kolat.com/double-leg/-double-leg-hips-and-head-opposite" \t "_blank)
* [Leg stack for count](https://www.kolat.com/double-leg/-double-leg-leg-stack-for-count" \t "_blank)
* ​[Half when opponent turns down (bellies down)](https://www.kolat.com/double-leg/double-leg-half-when-opponent-turns-down" \t "_blank)

5 - 1 minute goes, alternating turns.. DEMO it for them first.  
**Conditioning Design:**Putting it all together: stance & motion, penetration step, double leg takedown (finish if they are getting it all)... Demo first: stance and motion w/ partner, level change, penetration step/shot, into double leg takedown, tee-pee, stack legs, look for half Nelson, finish with a pin... 5 - 1 minute goes, alternating turns.. DEMO it for them first.

**Total Practice Time Approx. 90 Minutes**

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